

Video and Activity 4: “Holistic Health Challenges”

Watch “Holistic Health Challenges”

Activity: Mapping Connections

Ask the group to break off into pairs and spend 5 minutes mapping connections between the following aspects of holistic health. These can be mapped according to personal experiences, or what they have observed in health care settings or with their community members. Have pairs discuss with each other. Have each pair share their connections.

- Cultural resiliency / health
- Environmental health
- Mental health
- Physical health
- Spiritual health

Discussion Questions:

1. In addition to these listed here, are there other aspects of holistic health that you and your partner identified?
2. What differences did you see between people’s maps? Where there any health aspects that everyone mapped with the same connections? Why do you think that is?
3. Some health issues within Tribal communities have specific causes that can be treated, or their impacts reduced or avoided through wellness strategies. Because climate change affects the overall environment. its direct effects can be difficult to diagnose, yet they can have cumulative effects on physical and mental health. How can risks posed by climate change be integrated into Tribal health planning strategies to reduce impacts, while promoting wellness?

Optional: Share these answers on the Facilitator’s Google doc under Discussion questions.